Saturday, July 27, 2013

8:00am on the KHS track

Karns High School
2710 Byington Solway Rd. 37931

Join us at Karns High School to kick off the 2013 Karns Community Fair!

Proceeds from this race will benefit the Karns High School Cross Country Team.

Schedule of Events:
6:45-7:45am: Registration and Packet Pick-Up*
8:00am: 5K Start
9:00am: 5K Awards
10:00am: Karns Community Fair Opens

*Early registrants may pick up their race packets at Fleet Feet on Friday, July 26 from 11:30-6:30.

Course: Flat and fast! USATF certified #TN 07010MS
The race will begin and end on the KHS track.
http://www.usatf.org/events/courses/maps/showMap.asp?courseID=TN07010MS

Age Divisions: 1-10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

Prizes: Awards will be given to M/F as follows: top 3 overall, top master, grandmaster, veteran, and top 3 finishers in each age group and overall team. Several door prizes will also be awarded.

Registration: Early (postmarked by July 7): $20
Late & Day of Race: $25
Team Competition: top 5 runners from each team score
Online registration available at
http://www.runnerreg.net/search/event.aspx?id=20829

T-shirts: All pre-registered runners will receive a short-sleeved t-shirt. Day of race registered runners will receive a t-shirt while supplies last.

Course Etiquette and Safety: Strollers are permitted. Due to insurance regulations and for the safety and convenience of all runners, NO PETS, ROLLER SKATES, or BICYCLES are permitted on the course.

Information: Contact Hannah Smith at hfsmith76@gmail.com

The *Karns Community 5K* is a member race of the Run and See Tennessee Grand Prix Series. For more information on the series, go to www.tngrandprix.com

Parking: Please park in the back lot of Karns High School

Official **Karns Community 5K** Entry Form

Make checks payable to *Karns Community 5K*
Mail entry & payment to: Total Race Solutions, PO Box 30667, Knoxville, TN 37930-0667

Name: _____ Sex: (circle) M F
Address: _____
Email address: _____
Phone: _____ DOB: _____ Team: _____
Emergency contact name & phone: _____
Shirt size: (circle one) S M L XL 2XL (add $2) or No t-shirt option_____(subtract $2)

LEGAL DISCLAIMER: In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my family, my heirs, executors, and administrators, forever waive, release & discharge any and all rights & claims for damages & causes of suit or action known or unknown, that we may have against the *Karns Community 5K*, Total Race Solutions, Inc, the Run and See Tennessee Grand Prix, RunnerReg, Karns High School, Knox County Schools, Road Runners Club of America, and all other political entities, all independent contractors & construction firms working on or near the course, all event officials & volunteers, & all sponsors of the race, & related race events & their officers, directors, employees, agents & representatives, successors, & assigns, for any and all injuries that may be suffered by me in this event. I attest that I am physically fit, am aware of the dangers & precautions that must be taken when running in warm or cold conditions, & have sufficiently trained for the completion of this event. I also agree to abide by any decision of an appointed medical official relative to my ability to safely continue or complete the run. I further assume and will pay my own medical & emergency expenses in the event of an accident, illness or other incapacity regardless of whether I have authorized such expenses. Further, I hereby grant full permission to *Karns Community 5K*, Total Race Solutions, the Run and See Tennessee Grand Prix, RunnerReg, and/or agents hereby authorized by them, to use any photographs, videotapes, motion pictures, recording, or any other record of this event for any legitimate purpose at any time. By furnishing my email address, I acknowledge that I authorize *Karns Community 5K*, Total Race Solutions, Inc, the Run and See Tennessee Grand Prix, and RunnerReg to include me on mass emails concerning the *Karns Community 5K* or any Total Race Solutions, Inc, Run and See Tennessee Grand Prix, or RunnerReg event. I understand that my personal data will not be shared with any other entity without my express written approval. I further understand that there are no entry refunds, exchanges, transfers or rollovers, and that the event may be cancelled due to severe weather conditions, natural disasters, or threats to local and national security including suspected terrorist activity. I understand if I use a MP3 player, IPOD, headset, cell phone or other electronic device while participating in the event, I will do so in a reasonable manner using common sense and awareness of those around me. I have read this waiver carefully & understand it.

_____ _____
Runner's Signature (Parent/Guardian Signature if under 18) Date